Jayne Rountree
Commemorative Library
Lambda Community Center
Sacramento, CA

The Sacramento Gender Association

Volume Two, Issue Three JUNE 1996

CROSS SECTION

Lisa A.

Can't shave your legs for the summer? Do you need to keep 'em hairy and macho-looking so that you can wear shorts as a [shudder] MAN? Let's see, if you shaved them, then you'd have to keep them covered all summer long when you do those boy things. Yeah, it's hard to imagine being attired in those trousers while standing in front of the hot barbeque at the big family get-together. Or wearing those slacks while scaling El Capitan on your annual trek to Yosemite. Let's see, as far as I know, there aren't any long-legged swimming trunks.

So what's any self-respecting CD (or whatever you are) to do? I mean, if you keep the hairy legs, then I guess you could wear long pants as a girl all summer long. That'll probably get pretty old after a few times, though. Let's face it, part of the fun of dressing up is getting to wear the girly things, like skirts.

Here's an old trick that many of you may know already that will solve this problem. It's the amazing, two-pair pantyhose method!

As you can guess from the description, all you do is wear one pair of pantyhose over another. The one underneath may have to be somewhat opaque (and possibly flesh-toned) while the outer layer can be almost anything, although something on the sheerer side is recommended so that your legs will avoid going into a thermal meltdown. If the hairs are on

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Are We Still A Joke!

Diane R.

On the superhighway of life, I often feel that I am a deer (Bambi?) caught in the headlight of a speeding 18 wheeler. Sometimes I am so naive about the "real" world. I get caught up in supportive friends and family, that I forget that most of society considers men who dress as women a big joke.

Case in point, on May 9th, a Sacramento radio station advertised a contest for "Queen for a Day". I should have been wary by the title of the contest, but being the sweet little innocent "Bambi" I thought it would be fun. I was wrong!



Most of the contestants came as caricatures of women, with full facial hair and tacky "stereotypical" clothing. A few of us were dressed appropriately as women. I knew it was a contest, but I felt that this might be a good opportunity to show that we aren't jokes. I felt if we looked enough like women, maybe some of them would give us the respect that we deserve. Once again I was wrong. The crowd, made up of mostly women, cheered on the half dressed "women" and laughed at them. When it came time for the more normal looking women to compete there was decided lack of cheering and quite a bit of "sexist" catcalls. I was surprised that the majority

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Julie's Arrival

Hello S.G.A. members. I would like to take this opportunity to introduce myself and to say thanks to you all. I have been a member since March and have only been out since January, but the support I have received and the friends I have made have been invaluable. My name is Julie R. I'm very happily married to a wonderful gal, I have a son who is almost 7, a daughter who is 5, and a golden retriever who is 10, I live in suburbia and I love the time I now get to spend as Julie. After spending 30+ years hiding my feminine side it is wonderful to have a place to meet friends with the same feelings and interests as myself.

I discovered S.G.A. through the Internet and through e-mail with Anyse. She invited me, a stranger except for our contact through cyberspace, into her home where we chatted for quite some time. She filled me in about S.G.A. and I transformed into Julie. After a few hours of girl talk I left as Julie and went out in public for the first time. This was the middle of the day on a Friday and being daring, after stopping for gas at one of those pay at the pump stations, I drove right down to the Arden Mall. I parked in the rear parking structure to be a little less noticed and then strolled right in. I was wearing a green sweater dress, nylons, black 3" pumps and of course makeup to cover my pesky beard and to make me look as

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Sacramento Gender Association

Blue Rose Chapter
P.O. Box 215456
Sacramento, California 95821-1456
Phone: (916) 482-7742

The Sacramento Gender Association (S.G.A.) is a non-sexual, membership based organization for those interested in participating within the gender-gifted community and its related issues. The S.G.A. exists to provide support, educational resources and recreational activities for those in the gender community and their friends and family. Membership is open to all regardless of gender or sexual orientation.

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SGA Newsletter

Editors
Lisa A. • Michelle R.

Typesetting and Graphic Layout
Michelle R.

COURTESY ADVERTISMENTS
Business cards and other small advertisments are provided at no charge for a three issue period to professionals and businesses providing services, support, seminars or talks. Please patronize these businesses.

The S.G.A. Newsletter is published monthly the first week of each month. Submissions should arrive at S.G.A. by **the 20th day of the previous month**. Contents reflect the opinions of the contributors, and are not necessarily those of the S.G.A. Other organizations may reprint or reproduce uncopyrighted portions of the newsletter for their members provided S.G.A. is acknowledged. Copyrighted material may be reproduced with written permission from the writer or author.

Article submissions may be: 1) Typewritten on 8.5 x 11 paper; 2) Provided on 3.5 or 5.25 disk in WordPerfect, Microsoft Word 2.0 or ASCII text; 3) E-Mailed to either of the newsletter editors; 4) Faxed to (916) 272-1940 (confidential, dedicated S.G.A Newsletter fax line). *We will attempt to publish ALL articles.*

Cross Section *continued from page 1*

the lighter side, you can get away with a relatively sheer inner pair.

Believe me, it really works! I've seen some pretty fabulous legs with this technique, and it's virtually undetectable.

So don't despair if you have to keep those legs on the bushy side for the summer. You'll still be able to dazzle everybody with your gorgeous, mini-skirted gams with this little technique.

• • • • •

White Shoes Now Allowed: Often a fashion faux pas, the general rules of timely chicness for this sensitive shoe color are from Memorial Day to Labor Day. So if you have them, wear 'em now without guilt. A word of warning: There are some fashion authorities who claim that white as a shoe color is an abomination at all times of the year.

My personal opinion is that if it goes with the clothes, then why not? The only thing that may cause some hesitation is that this color will make your feet look bigger, which is the last thing some of us in our group need!

• • • • •

Welcome to the Club, Dennis: Chicago Bulls basketball star Dennis Rodman has publicly admitted that he enjoys wearing women's clothing and likes to be around the drag queens in gay bars. Rodman, who's possibly the greatest rebounding artist of all time, is also famous for his flamboyant behavior both on and off the court and for his pastel-color-of-the-week hair. Besides his skill at getting the inside position for his rebounds, he has also been known to have been inside Madonna, the pop diva.

His admission of his crossdressing exploits apparently hasn't hurt his popularity any; rather, it seems to have had the opposite effect. A recent book signing in Chicago had fans waiting for over eight hours before he arrived atop a motorcycle with garish make-up and a feathered boa.

Although he's not likely to make a very believable woman (6'6" with a very well-defined physique), and not

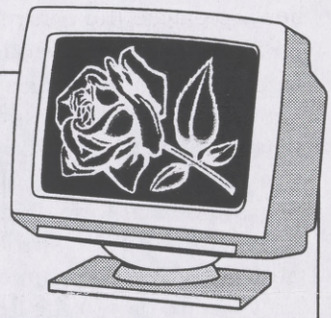
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R.G.A. HOMECOMING

On Friday, July 19th, The Rainbow Gender Association invites all to its 10th anniversary pot luck party at the New Community of Faith Church, 6350 Rainbow Dr., San Jose. Bring a side dish, salad, dessert and your joy of being who you are. R.G.A. will provide the main dish, coffee and sodas. A $3 donation is appreciated.

COMPUTER USERS

Talk With Other SGA Members via E-Mail...



Member	Internet	Compuserve	AOL
Anyse	KJOSLIN@NS.NET		
Ava P.	75224.1767@COMPUSERVE.COM	75224,1767	AVA4SGA
Julie R.	EKTE@CALWEB.COM		
Linda Kay	NICK@IX.NETCOM.COM		
Linda Lee	73134.567@COMPUSERVE.COM	73134,567	
Lisa A.	1234567@NS.NET		
Michelle R.	MICHELLE@NETSHEL.NET		
Renee L.	RL1214@AOL.COM		RL1214
Shelby B.	SHELBYB@IBM.NET		
Stephanie	SMICHAELS0@AOL.COM		SMICHAELS0
Toni Clark	EPHEMERAE@AOL.COM		EPHEMERAE
Wittnie P.	76100.122@COMPUSERVE.COM	76100,122	

Wittnie's World

The purpose of this article is to address a few questions and comments addressed to me over the last few months by concerned and interested members.

For the past three years, Ava and I had taken control of the S.G.A. and it's functions. At that time not too many members were interested enough to get involved in the planning and implementation of events or projects. So Ava and I kind of split the duties and the decisions. We made an agreement between ourselves that we would support each other's decisions and actions. For this reason we were able to accomplish quite a bit.

In later months, towards the 1996 elections, certain members began to criticize our actions, especially mine. For that and other reasons, I attempted to withdraw from the elections. Many well-wishers convinced me that I should reconsider my resignation - which I did. In the confusion, I had lost quite a bit of support from members as certain individuals jockeyed for position. Not a problem with me, as it's just politics.

The decisions of the voting membership placed the control of the S.G.A. into different hands. The results of the election had also forced me to take a second look at the actions and decisions of the past years. For this reason I have taken the position of "follower" instead of "leader". What this means is that I will make no decision or start any action without the prior discussion and support of ***all the board members***.

Unfortunately due to social and family concerns, the S.G.A. board has not held a board Meeting since the election. Many meetings were planned, but not attended by one or more board members - therefore no S.G.A. business has been conducted. My challenge to all board members and chairpersons is to attend at least one board meeting a month. (Note: A membership meeting or dinner meeting is not a board meeting).

Please don't misunderstand my statements. Persons like Lisa and Michelle are doing all the things necessary to keep the newsletter going. Bernadette, acting as Secretary/Treasurer is keeping all the bills paid and membership records updated. It's just that nothing has been planned for the future.

What we really need is positive input from the membership. The S.G.A. is not just a few individuals running the show, it's supposed to be membership involvement. Not just with suggestions or ideas but action and participation. If you have an idea for the S.G.A. membership, present your idea to the board so actions can be taken, such as nominating the chairpersons, advertising the event, notifying the membership and calculating the expenses. Your ideas may be just what the S.G.A. needs, but be prepared to participate in your suggestion, i.e. want a trip to Reno?? How much? When? Where? What does the bus cost? How many members need attend to clear expenses? What do the different casinos offer for packages? As you can see, we need more than just a suggestion and let someone else do the work. The board members just like you have busy lives and family matters to attend to, so why not help a little? If not, you may just have to learn to accept the actions of others. ❧

S.G.A. BOARD MEETING
June 22, 1996, 9:00 PM, at The Bolt
Items to discuss:
Telephone, meeting fees and fundraisers

A Joke? *continued from page 1*

of the crowd viewed us as a big joke. Something to be ridiculed and laughed at.

What was most surprising to me was the fact the majority of the comments came from the women. Somehow, we need to inform these people that we are just trying to cope with life and we are not a threat to them. This incident has opened my eyes to our plight as a community. I resolve myself to best represent myself as a woman at all times. I will try to be dressed appropriately at all times. I feel that if the "real world" sees us as a more normal segment of society we will no longer be the subject of laughter and ridicule. Until that time I will be prepared.

The next time an 18 wheeler has me in sights, this Bambi will be packing a bazooka in her bag. Maybe that will get their attention. ❧

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regarded as a likely role model for good behavior, this has to be seen generally as a positive development for the crossdressing community. It may have opened the door a crack wider for others in the public eye to admit that they too indulge in this enjoyable and harmless activity. Someday, it may be commonplace for a typical celebrity to list his recreational activies as golf, traveling, and crossdressing. We can hope... ❧

— JUNE and JULY EVENTS —

Friday, June 7 ..... T.S.'s in Transition Group Meeting at 6:00 PM
Lambda Center, 919 - 20th St., Sacramento

Saturday, June 8 ..... Dinner at JOSEPH'S TOWN & COUNTRY - 7:00 PM
Social at JOSEPH'S TOWN & COUNTRY - 8:30 PM

Saturday, June 22 ..... Dinner at the TEA CUP CAFÉ - 7:00 PM
Social at JOSEPH'S TOWN & COUNTRY - 8:30 PM

Thursday, July 4 ..... Independence Day Barbie-Q
JOSEPH'S TOWN & COUNTRY - 6:00 - 9:00 PM

Friday, July 12 ..... T.S.'s in Transition Group Meeting at 6:00 PM
Lambda Center, 919 - 20th St., Sacramento

Saturday, July 13 ..... Dinner at JOSEPH'S TOWN & COUNTRY - 7:00 PM
Social at JOSEPH'S TOWN & COUNTRY - 8:30 PM

Saturday, July 27 ..... Dinner at the TEA CUP CAFÉ - 7:00 PM
Social at JOSEPH'S TOWN & COUNTRY - 8:30 PM

Nucleus For Health

Tina Louise

The subject this month is liver, and I'm not talking chicken liver. Its your liver and what you have been doing to it, or not doing for it.

Weighing about 3 pounds, the liver is the largest gland in our body. It is second only to the heart in importance to our lives and our health. It consists of lobules each the size of a pin head and consisting of approximately 350,000 cells. This is what's amazing; there are over 1 million of these lobules making up our liver and this vast chemical factory filters and detoxifies over 600 liters of blood each day.

Its glandular liquid is called bile, which is stored in the gall bladder until needed then flows via the bile duct to the liver to allow the body to digest fats and take in vitamins A, D, E, and K.

Additionally, the liver produces blood proteins and heparin, which prevents the blood from clotting. It also breaks down worn-out red blood cells, the storing of iron, the regulation of the sugar content of the blood under the influence of the hormone insulin from the pancreas, and the conversion of waste into urea for excretion via the urinary system.

So why is it important to talk about it here. First of all, do not be deceived by its size, for its not all that hard to stress and even damage the liver. In fact many of our daily habits are subjecting it to injuries. Hormone therapy, environmental pollution, and substance abuse all strain the liver and threaten its health and eventually our over all health and well being.

Specifically, if you are taking any form of hormone therapy you have an excess of hormones in your blood and these travel to the liver which filters them out and sends most out through your urine. However, many remain in the liver creating a toxic build up setting off a complex chain of reactions.

The first signs might be any one or more of the following: migraine headaches; stomach troubles; aching joints; high blood pressure; varicose veins; eye troubles; hot flashes or night sweats; unusual sifts in weight; loss of energy and over all tiredness; depression, mood swings, and stress; some form of a sick feeling and possibly diarrhea and/or vomiting of bile, or even jaundice; and possibly most importantly, studies have been made which conclude that there is a definite link between an unhealthy liver and the spread of cancer through the body (this may also apply to AIDS).

OK, those of you not taking hormones might be saying, "I don't have to worry about any of this." WRONG! The best (worst) known poison to the liver is alcohol, which causes the degenerative condition called cirrhosis, fatal to many heavy drinkers.

You might be saying, "This still doesn't apply." Please consider that your liver has to filter out all the following: all the chemicals that are air borne in our urban areas, in and around gas stations, even Bar BQ's, etc.; toxins our body absorbs from smoking and especially second hand smoke at the bars; toxins our body absorbs from touching chemical cleaners, gasoline, paints, etc.; chemicals in our drinking water including the so called "good" additives as well as pesticides etc.; additives and pesticides in our food; excessive protein consumption; the growing reliance on processed "foodlike" substances; fatty fried food choices which strain the liver while failing to meet its nutritional needs; the number of drinks containing caffeine and the number of chemical medicines we consume; all these and even more are proven to be harmful to our livers and can set off the before mentioned chain of reactions detrimental to our good health.

Its evident that every one of us, no matter how prudent we might be, can not always escape the toxins that surround us, and so next month I'll discuss the many approaches available to us to ensure a healthy liver.

The S.G.A. is not responsible for any legal or medical advice that may be given in this publication. It is advisable to seek the opinion of qualified professionals on matters within these fields. The S.G.A. and its board members neither endorse nor reject the opinions of the authors. Any self-administered drugs or herbs should be checked with a physician for possible side effects or adverse reactions.

Sacramento Gender Association

PROFESSIONAL AND SUPPORT SPONSORS

Fluffy's Reruns
Consignment Store
For Full Figured Women
5435 Palm Ave. • Sacramento
Call For Times Available: **344-4813**

B-Bop Fashions
1927 "L" Street • Sacramento
443-2234

Dalliance Design and Sewing Company
Deborah Verkouw
512 - 19th Street • Sacramento
For Appointments: **447-6542**

One of A Kind
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Wigs R You
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Ty Hedblad, Ph.D.
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For Appointments: **885-2152**

Sandra Reichus, A.C.S.
Clinical Sexologist (Board Certified)
1403 28th St., #206 • Sacramento
For Appointments: **452-3231**

Michael P. Semmens
Attorney At Law
3535 Marconi Ave., #212 • Sacramento
For Appointments: **482-6878**

Julia Richardson
Professional Make-Up Artist
Complete Makeover and Lessons
For Appointments: **925-7434**

Shirley Burgess Mary Kay Cosmetics
Makeovers and
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For Appointments: **392-9383**

PLEASE BE SURE TO MENTION YOUR S.G.A. MEMBERSHIP!!

Special Someones

When the crossdressing men in our lives come bounding out of the archetypical closet, often times, the spouse's reaction is to take cover and crawl in. Especially for the wife who has been married awhile, the initial emotions of fear, shock, loneliness and isolation will often cause some very real inner turmoil. In the initial coming out period; (and there are no set rules as to how long this lasts.), it can be especially difficult as the TV is experiencing his own inner turmoil and confusion. It is as if the marriage has been thrown into a blender and someone hit "Puree".

The person that you usually share your problems with is either gazing in the mirror or out buying new clothes. Our dearly beloveds seem very out-of order right now as they try to get in touch with this feminine aspect of themselves. Often times the wife feels very abandoned and neglected during this time. As one wife put it, "It's like he's having an affair, except it's with himself."

I myself felt very alone and frightened. Because there was no one that I felt I could talk to and I desperately needed someone, I created my own mail-order support group.

I looked in the personal ads of *Tapestry Journal* and chose a few ads who stated that their wives wanted to talk to other wives. I especially was seeking those who stated they were happily married and have been for years. I wanted to talk to these people. The ads that stated they (TVs) had been married fourteen times I felt were probably not the ones to help me hold my marriage together.

As a result, I have made a few wonderful friends over the past few weeks. I found a tremendous amount of support from the wives but also surprisingly from the TVs. I write regularly and have often been comforted by these beautiful caring people.

I did not expect a TV to be able to help me at all. I assumed that anything from a TV would be just more of the hard sell and condescending remarks that is so prevalent in CD literature, (i.e. "You should be flattered that your husband wants to emulate you," etc.) I really didn't want the sales pitch on how fabulous it is to be married to a crossdresser. It's not like I had a choice, I wanted to know how couples can stay happily married while also incorporating this in their lives. It was good to talk to a few TVs who have been at this a few years to explain the initial intense feelings and euphoria from a TV perspective. I received a lot of love and support and I am definitely glad I worked up the nerve to write to these people.

So what did these people tell me? Well this is not an advice column but the common words among CD couples is the three 'C's. No, not clothes, cosmetics and corsets, but communication, compromise and even counseling. *Continues on page 8*

Places To Dine



Joseph's Town & Country
3514 Marconi Ave. • Sacramento ❽
483-1220
Friday & Saturday 5:00 - 10:00
Sunday Brunch 10:20 AM - 2:30 PM

Tea Cup Café
1614 - 21st Street • Sacramento ❹
Open Daily 'till 9:00 PM

Hamburger Mary's
1630 "J" Street • Sacramento ❼
441-4340
Open Daily 10 AM to 10 PM

The Townhouse
1517 - 21st Street • Sacramento ❸
441-5122
Friday & Saturday 5:00 to 7:00 PM

The Cornerstone
2330 "J" Street • Sacramento ❻
441-0948

Places To Dance

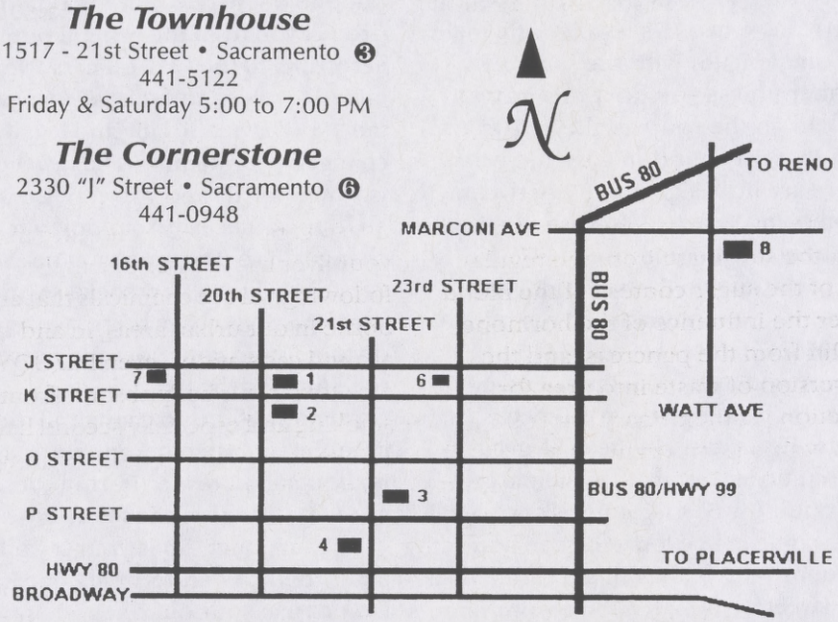


Joseph's Town & Country
3514 Marconi Ave. • Sacramento ❽
483-1220

The Townhouse
1517 - 21st Street • Sacramento ❸
441-5122

Faces
2000 "K" Street • Sacramento ❷
448-7798

The Western
2001 "K" Street • Sacramento ❶
443-9831



JOSEPH'S
town & country
BAR AND RESTAURANT
Official Sponsor and Meeting Place of the Sacramento Gender Association
3514 Marconi Ave. (Just East of Watt) • **Sacramento** • **483-1220**

Ask Julieanne

OK! Here we go, I've actually had a couple of requests for research so...

1. Bungee-Jumping from the Foresthill Bridge into American River en femme... In the words of (one of my favorites) the Grateful Dead "It doesn't matter what you wear, just as long as you are there", actually I'm gonna do something on this but where in the hell is the Foresthill Bridge anyway? Somebody let me know exactly so I can go ask the proper authorities.

2. Getting your DMV records change to reflect your femme side. First I must stress that unless you intend on living "full time" or most of your life as your feminine persona, this is not a wise idea because you cannot have two IDs legally (one male and one female) with the same ID number unless you do it this way. Or you can go the route of illegal IDs and do it that way but don't ask me how (there are little signs on I-5 between Merced and Bakersfield with phone numbers for more info).

If you want two IDs, wait until your license is up for renewal and renew it in your MALE name. This will cost $10. This will give you maximum time of usage - 4 years. Then after you get your new picture ID (license) in the mail, get all dressed-up in your most socially acceptable outfit (no 5" spiked heels as you will be standing in line for at least an hour), hair done nice, nails at their best and use your sweetest, most feminine voice possible (don't forget "pleases" and "thank yous") and fill out the same form for a new driver's license but this time you will check the box for "Name & Address" change. Fill it out and take it to the counter. This will cost another $10.

After your mandatory one hour wait in line, tell them that you "lost" your license (Editor's Note: Please see the disclaimer following this article.) It is important that you "lost" your old one, otherwise they will ask you to surrender the old one. At some point the clerk will ask about "sex" designation. This will be up to you. I chose to have mine still be "male" to avoid legal complications until my surgeries are complete. Then she/he will issue paperwork reflecting the new changes, at which point you will stand in another line for pictures. Be sure to take a mirror, comb, and make-up as you will be frazzled at this point.

If for some reason and I don't want to know, you are jailed for some special crime and are en femme, you will be put into a separate holding cell to protect you from the general populace, according to the CHP officers I've talked to. Now, and this is most important, you have officially and legally changed your identity. The new license is your legal ID and you can use that to go to social security to report a name change there (the wait and lines aren't as bad) and get a new social security card. Once you have these two legal documents in your hot little purse, it's time to go to the bank, Sears, Nordstrom's, etc. to change all those accounts (or open new ones) and that is about all there is to it. However, here are a few things to consider:

1. Your "new" ID is your legal ID as far as the DMV and SS are concerned. Do not use your old ones when dealing with them. I cannot stress this enough.

2. If you get arrested for some reason (again I don't want to know why), don't be carrying the old IDs with you (it is a felony to have false IDs).

3. You might consider using your male name as your middle name on your DL and your initial on your SS. This will help in establishing your "real" identity in case of #2 or other emergencies.

4. Your old IDs are still good for use in buying beer and cigarettes and using your old accounts (bank, charge, etc.) but they are not legal IDs. Don't be caught with them (more stress on this issue).

5. Always have an "air" of confidence in what you are doing. Don't be afraid (little girl). You are doing the right thing and they have no reason to deny you this right.

Peace from me, love to you. ❧

Julieanne

PS: Don't let the mystics usurp your values. Think for yourself.

PPS: Send your suggestions to the SGA Box 215456, Sacramento, CA 95821 or directly to me, *Ask Julieanne*, Box 3334, Diamond Springs, CA 95619

EDITORS' NOTE: All opinions in the preceding article are just that - opinions. Certain laws may be skirted by the lay advice within the article, so the S.G.A. and the newsletter will not take responsibility for any adverse consequence that may result from this "official" ID method. The newsletter staff is aware of the existence of a specific DMV form (DL 328) that addresses the actual change of name and gender on a driver's license. The form is titled "Medical Information Authorization (Name and Gender Change)", and it requires the signature of a medical doctor. Also, we feel that a legal name change should not be attempted without consulting a legal professional. We're aware that this process involves a court proceeding, notarized forms, and a printed public announcement. Although it's possible that a different name can become "official" (without the formal legal proceedings) through prolonged and extended use, the interim period is somewhat gray as to what is one's real name, which may lead to legal complications.



3rd SECT

An F-2-M Gender Support Group

Calendar of Events to be Scheduled • Bi-Monthly Social Events • Monthly Campouts/Trips
Quarterly Joint Meetings with Additional Support or Peer Groups • Talks and Seminars
For Additional Information Or Meeting Times, Please Call Jami at 854-4942.

A "Girls' Store"



LINDA'S CLOSET

A Crossdresser building a business on a few simple rules: discretion, care, honest retail prices, finest quality, product guarantees, selection and service.



Contact Linda Lee At SGA Functions

RULE NUMBER ONE: Start with a **FREE** Catalog!

GENDER RELATED Groups & Activities

Pacific Center for Human Growth
A counseling-oriented growth center, sponsors all-inclusive gender support groups on the last Friday of the month at 8:00 PM. 2712 Telegraph Ave., Berkeley. Call (510) 841-6224.

Rainbow Gender Association (R.G.A.)
Meets the 1st and 3rd Friday of the month, 8:00 PM, at the New Community of Faith Church, 6350 Rainbow Drive in San Jose. Write: R.G.A., P.O. Box 700730, San Jose, CA 95170. Call (408) 984-4044.

Diablo Valley Girls (D.V.G.)
Meets the 1st and 3rd Monday of every month, 8:00 PM at Just Rewards Nightclub, 2520 Camino Diablo in Walnut Creek. Write: D.V.G., P.O. Box 272885, Concord, CA 94527-2885. Call (510) 937-3432.

Silver Rose Gender Association
Meets the 2nd Saturday of every month, 8:00 PM, at the Bridges of Consciouness room, 2850 Wrondell Way (the unit farthest end of the building), in Reno, Nevada. All transgendered persons are welcome. Call (702) 329-8050 or (702) 677-4057.

The Tenderloin Self-Help Centre
A project of the Central City Community Hospital House, funded by the Community Mental Health Services. Meets every Wednesday, 4 to 6 PM, at 191 Golden Gate, San Francisco. Call (415) 554-0518.

F.T.M.
A support group for Female-to-Male crossdressers and transsexuals. Holds informal meetings and closed support meetings. Write: F.T.M., 5337 College Avenue, #142, Oakland, CA 94618. Call (510) 827-2646.

Educational TV Channel (E.T.V.C.)
The largest organization of this type, providing a wide variety of support including rap groups, a S.O. support group, print and video libraries, outreach, educational and lots of social activities. Write: E.T.V.C., P.O. Box 426486, San Francisco, CA 94142-6486. Call (510) 549-2665. Voice-Mail: (415) 334-3439.

Lambda Community Center
Sacramento's largest G/L/B organization, providing a wide variety of support and participation in community activities and awareness. 919 - 20th St., Sacramento. Call (916) 442-0185.

Renew YOUR S.G.A. MEMBERSHIP *TODAY!*

Walk The Walk

Have you ever noticed a well-dressed and attractive crossdresser looking the part of the perfect lady, only to have the illusion ruined by her very masculine walk? We all know that women traipse about differently from men. Obviously, if we care about presenting the total picture of femininity, then learning to walk as a woman is something that we should all master.

Before proceeding any further, I'll admit that I'm not the greatest mimic of the feminine gait, but I'll keep trying to improve it. I have my lapses and will revert back to the "male stomp", but I can recognize my doing so and remedy that with the simple principles that are outlined within this article. I'm not going to get into any complex explanations on why this difference exists, since I'm not an expert on human physiology nor bipedal motion. Let's just say women are built differently from men (as if we didn't know!), such as their wider hips and lower centers of gravity.

It's advisable that you spend some time studying men and women walking so that the elements that make up the difference can be recognized. A great place to do this is at a shopping mall, preferably at a busy time such as a weekend afternoon. After observing the shoppers for some time, it becomes clear that it's more than the length of the strides or the pace of the steps. The rest of the body also comes into play in defining the proper walk. Of course, you'll see some women walking in a masculine manner and vice versa, but, by and large, the distinct characteristics generally hold true between the sexes.

I've compiled a list of walking elements that can be learned so that a realistic feminine gait can be achieved. Note that these are generalized items as there will always be women who are exceptions to some of these rules:

1. Take smaller steps. One of the most basic elements and one that is easily observable. This is a no-brainer. Even tall women take relatively short strides.

2. Walk at a slower pace. Not always true, but men generally walk faster than women, even accounting for the difference in stride length. This is another basic element.

3. Keep the feet on line as if you were walking on a narrow plank. If you ever watch fashion models do the "runway strut", you'll notice this element in an exaggerated form. This is also key to the swiveling hip movement that women have.

4. Keep your head upright with a good posture. The element that's my personal weakness from years of slouching around! Women as a whole, have better postures than men.

5. Keep your shoulders level. That is, don't let them rock side to side like a ship in rough seas. It's okay for them to move backwards and forwards (i.e., right shoulder ahead of the left, then vice versa) since this is a natural reaction from moving the legs, especially if you're practicing item #3. Also, if you're wearing heels, then it's all right (but don't overdo it) to bob up and down slightly as long as the shoulders don't rock sideways.

6. Tuck in those elbows. Rather than having the elbows sticking outwards, women are likelier to have the elbows directed slightly behind. Part of the reason for this is that women tend to occupy less space than men.

I've heard about some heel-toe vs. toe-heel differences (i.e., which hits the ground first), but that's usually solved by the smaller stride. There may be other elements that aren't listed (feedback is welcome), but these are the ones that I've been able to pinpoint after a lot of careful observations. It may be helpful to practice these steps while watching yourself. A mirror at the end of a hallway would be a good way to do this.

It's important that you get the feel for this first, since it'll seem a little awkward and strange in the beginning. The person who I collaborated with to determine these guidelines went out publicly without enough practice and ended up looking very stiff and unnatural. Of course, she eventually got everything down and she now walks as well as any genetic girl! ❧

Lisa

Special Someones *continued from page 5*

Be sure if you opt for counseling that it is someone with a lot of experience in TG issues. I think it could even be dangerous to have someone who is not familiar with the delicate issues of transgenderism.

It was helpful just to correspond with wives to know that they had been through what I am going through and lived to tell about it. It helped to know they were saying prayers for me. It helped to know there is some hope.

There are ways to talk with others on the computer net, although I don't yet participate because many of the chat rooms are at night and that is usually time reserved for my family, but a lot of support is available in that regard too.

I would like to get a phone and address list started in this area of special someones that are interested in talking with each other. How about it ladies? Maybe some of you are so okay with things that you don't need support. This could be the opportunity to share yourself with another. I know that when I was seeking some kind of support for wives there was very little. I really had to dig around before I even knew where to turn. My new found pen-pals helped a lot in this regard.

Some S.G.A. members might feel that this is their exclusive organization. They might feel that S.G.A. has no responsibility to help wives and significant others. Yet I disagree. I believe that S.G.A., if it is to provide real support to it's members does need to provide information for the partners of crossdressers. We are or should be a vital part in our CD's life. Very few S.G.A. members are islands where their lifestyle does not effect their loved ones.

If the transgendered communtity wants to make sincere efforts to change the stigma associated with crossdressing, then here is an opportunity to do so. Let's work on providing helpful information for families and other significant people. There is some good legitimate informaton out there. (Unfortunately, there is a lot of bad information out there too.)

It is my hope that when the next new wife or significant other comes to S.G.A. desperately seeking information and support that we have something to offer her. In offering support for families, not only is it beneficial to the reciever but it is very fulfilling to the giver as well.

Love to all. ❧

Leslie

Please feel free to write to me, either for publication or just to talk. Leslie Roth, 664-A Freeman Lane, #252, Grass Valley, CA 95949.

Julie's Arrival *continued from page 1*

beautiful as possible. Unfortunately I was a bit over dressed and being 6' tall I did receive some stares and a few snickers from some teenagers. I did some fast window shopping, trying not to draw attention and then I strolled over and got some cash out of the ATM machine. After that quick 5 minute adventure the pressure became to much and I had to leave. The walk to the parking lot through the ladies department at Nordstrom's was probably the longest of my life. It was quite an experience and one hell of an natural rush as the adrenaline was really pumping but it was something I wouldn't recommend for a "girl's" first time in public. I have always been a person who samples the water then jumps in head first and this coming out was no exception. After the mall I went to Joseph's for a cocktail to calm the nerves before heading home.

My first direct contact with S.G.A. was through e-mail to Ava. She was wonderful in explaining what S.G.A. was about, inviting me to a meeting and making me feel accepted and welcome. I went to my first meeting in January and met Jennifer, Bernadette, Ava, and Julieanne and they were all very complementary, warm and friendly. Well since then I try to make it out as often as I can and I completely enjoy every moment I spend as Julie. Myself, Jennifer and Michelle shared a room at California Dreamin' in San Francisco last April and had a wonderful time. That was my first time spending more than 8 hours as Julie (we spent over 48 hours as ladies) and it was an experience I will never forget. In my formative years, 17 to 30 I spent a lot of time high on drugs and/or alcohol because it helped me fit in and have something in common with my peers. I realize now that much of that abuse I performed on my body was to hide the real me and allow myself to fit in. I still like a cocktail now and then but I can tell you this, being Julie and being able to bring Julie out of the house and into public has really opened my eyes and allowed me to really be me. The person I have the most to thank is my wife. She has been wonderful through the whole process. She really wishes it wasn't happening but once I explained that this is a big part of me and that I have been hiding this for a lot of years she has accepted Julie, helped me with makeup, lets me borrow her clothes, has gone out with the "girls" twice, has put up with my over discussion of the subject and has been an all around great sport. We wear the same size in a number of clothes so we made a deal that she can buy more clothes and I can borrow most of the ones that I can squeeze into. She of course has her special things that are off limits to me and the things that are tight on her won't fit me but this agreement gives us both a great wardrobe. I sometimes feel guilty because when I am out as Julie I have such a wonderfully fun time and she is at home with the kids and that doesn't seem fair. We have helped this situation by getting a babysitter and going out, by her taking a weekend to visit her girlfriends out of town and by her getting out for her own time to shop and play so that our relationship is open, growing and built on trust. We of course still go out as husband and wife and I love those times too.

I look forward to meeting the members that I have yet to meet and I thank all of you who have been my moral support in these last few months. Just remember, be yourself, respect others rights to be who they are and enjoy life.

Love to all. ❧

Julie

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